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pg 6

Community Savings

More tickets for Games opening may go on sale

OLYMPICS Organizers say more tickets to the opening ceremonies of the 2010 Winter Games may go on sale this week.

Caley Denton with the organizing committee said once a full dress rehearsal is done today, officials should have an idea whether extra space can be freed up. Denton added they also expect to sell additional seats in most of the venues. Usually it takes organizers a few events to firmly establish how much space is needed.

Olympics are always plagued by empty seats even at events believed to be sold out as both sponsors and fans don't use all the tickets they bought.

THE CANADIAN PRESS

News on the Move

What's this barcode for?

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — The Olympics may shape up to be the "Vonn-cou-er Games" thanks to skier Lindsey Vonn's winning ways on and off the slopes, page 13

On the web

Visit metronews.ca for news updates

Champs Saints come

marchin' in



New Orleans Saints quarterback Drew Brees holds his son Baylen after Super Bowl XLIV against the Indianapolis Colts last night in Miami, Fla. The Saints beat the Colts 31-17. Coverage, page 12

Mayor's media storm

Olympics to keep Robertson on run with 16-hour-plus days

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

With five days to the start of Vancouver's Olympics, the city's mayor finds himself engulfed at the centre of an international media maelstrom.

"My job is to host, represent our city and tell our story," said Gregor Robertson, following a series of interviews yesterday.

"The international media is all here doing stories about Vancouver. It's an intense week, but the pace only quickens during the Games."

Among the interviews will be an appearance tomorrow on NBC's Today Show, at the ungodly hour of 4 a.m. Sleep becomes small potatoes when compared to coverage on the biggest morning show in the United States.

"I won't get to watch much of the sports. Time is just too precious. I'll be seeing the highlights in March."

A sample itinerary supplied by the mayor's office shows Robertson working



Gregor Robertson in his office yesterday.

16-hour-plus days, chock-a-block with staff briefings and updates, interviews, appearances, business meetings and hosting leaders at

various Olympic events.

Much of his time will be spent courting business and trying to share the city's story with the world.

As for the spotlight that will invariably fall on the city's Downtown Eastside, Robertson hopes international media is able to thoroughly explore all aspects of a neighbourhood stigmatized as Canada's poorest.

"There is no question that the homelessness and drug addiction (in the DTES) are deplorable," Robertson said.

"But they need to see an incredibly diverse and creative neighbourhood too ... it's not just a downer story."

Anti-Games activist denied entry

STIG NIELSEN
for Metro Vancouver

OLYMPICS A 20-year-old American freelance journalist known for his anti-Olympic views was detained at Vancouver's airport and denied entry into Canada.

Martin Marcias Jr. was held for seven hours on Saturday and then flown to Seattle, his supporters say.

Chris Shaw, an associate professor at Simon Fraser University's School of Interactive Arts and Technology, is a personal acquaintance of Marcias Jr.

"As a member of the No Olympics (group), I'm not terribly surprised," Shaw said yesterday. "As a Canadian I'm pretty shocked. It's the kind of thing where we talk about what happened in China and now it's happening here."

He also said Marcias Jr. was scheduled to leave Canada on Feb. 11.

Marcias Jr. usually works with a community radio station in Chicago, but according to Shaw, it was his involvement with the group No Games Chicago that caught the attention of Canadian Border Service Agents.

"Somehow he is a threat to Canadian security, which is absurd," said Shaw.

Marcias Jr. was recently permitted to enter Denmark for the Copenhagen Climate Summit and to Switzerland to protest Chicago's Olympic bid.

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Local



Burger by any other name

The chef at the Four Host First Nations' Olympic food pavilion had to rewrite his menu to take out the word "burger" after McDonald's — an Olympics sponsor — complained. The meal — a trio of bison burgers served on bannock — has been re-named "sliders."

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Home away from home

Athletes' village features lots of creature comforts

KRISTEN THOMPSON
kristen.thompson@metronews.ca

VANOC aimed for a home-away-from-home atmosphere at its Olympic villages, but unless athletes already have a personal gym, hotel-grade bedding, a masseuse and a chef, they're getting quite an upgrade.

Competitors at the villages in Whistler and Vancouver will have 24-hour access to a market-style dining hall, games rooms outfitted with pool tables and beanbag chairs, Internet cafés, and concierge services — among other amenities.

"What (we) really wanted to do was minimize stress," said Nejat Sarp, general manager of Vancouver Village.

"People from different cultures (have) different



VANCOUVER
2010 Games

ideas of what a home should be like," he said.

The first of the roughly 6,000 athletes and officials started moving into their temporary accommodations late last week.

The villages are set up more like towns than hotels, and include banks, shops, clinics and faith centres.

Theme

• The Vancouver Village's theme is "urban oasis" and Whistler's is "alpine escape."

Cathy Priestner Allinger, executive vice-president, sport and Games operations, said VANOC solicited input from athletes to find out what they wanted in their villages.

"(We're letting) them focus on what's most important to them: Competing," said Priestner. "The athletes will have everything they need to perform on their day."

News in brief

LOGO The planned installation of a Canadian Olympic Committee logo made from 13-million cranberries in the Fraser River has been moved due to extraordinary river conditions. The new installation will be at Richmond's Brighouse Park.

PEPPER SPRAY Vancouver po-

lice arrested a man after a half-dozen people were pepper sprayed on a privately rented bus on Friday night. Const. Lindsey Houghton said the man began to indiscriminately spray into several open windows.

FLAG FLAP Surrey Mayor Dianne Watts said her city would fly the Australian team's boxing kangaroo flag hanging outside the Athletes' Village if the Aussies are forced to take it down by the International Olympic Committee.

METRO NEWS SERVICES

Olympics Rivals no more



Calgary 1988 Olympic gold medalist in figure skating Katarina Witt, left, of Germany skates with silver medalist Elizabeth Manley of Ontario in Vancouver yesterday. The once fierce rivals were reunited after 22 years to promote the 2010 Olympic Games.

DARRIN DODD/THE CANADIAN PRESS

Snow moves training to Whistler

CYPRESS Some Olympic athletes competing at Cypress Mountain are being sent to train at Whistler to preserve the snow that organizers have been trucking in to the West Vancouver venue.

Tim Gayda, vice-president, sport, said most of the courses are finished and ready for competition, and organizers want to keep it that way by reducing traffic on the snow-deprived mountain.

Practices for free riding and free skiing have been moved to Whistler, and some of the half pipe training has moved, too.

"(They're) making sure they have enough snow to weather the duration of the Games," said Gayda, adding the white stuff is still being moved to the venue by helicopter.

"The focus is getting the field of play at its best," he said.

KRISTEN THOMPSON/
METRO VANCOUVER

Early glimpse of driving reality during the Games

BeatTheTraffic

Michel McDermott



With the Olympic lanes and road closures pretty much all in place now, we're really getting the feel of how life will be on our streets for the next couple weeks.

The closure of the Georgia and Dunsmuir viaducts Friday was a real wakeup call for commuters. Hastings Street was really hit hard with heavy traffic volume between 8 and 9 a.m.

Drivers have to remember that most alternate routes have Olympic lane closures or restrictions on them, further slowing traffic.

I will add that those

Olympic lanes and restrictions are being closely monitored, as plenty of tickets have already been handed out to drivers on West 2nd Avenue outside our Breakfast Television studios.

Bottom line? Commuters really need to plan their routes ahead of time and leave earlier.

More full road closures go into effect downtown this Friday on Robson, Hamilton and Beatty streets (to name a few) as they become pedestrian corridors for the duration of the Games. The Sea-to-Sky Highway restrictions go into effect on Thursday, allowing only permitted vehicles to travel the route between 6 a.m. and 6 p.m. Check points will be set up at Squamish, turning non-permitted vehicles around.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Citytv, cable 13.

metronews.ca

What's online today.

Video Employment data and debt crises in Europe leave some investors wondering how far markets will fall after a year of steady gains at metro news.ca/world

Lotteries

Friday, Feb. 5

Lotto Super 7: 10, 19, 25, 29, 39, 41 & 42 Bonus 21

Extra: 6, 52, 80, 94

Saturday, Feb. 6

Lotto 6/49: 4, 12, 14, 15, 21 & 23 Bonus 13

BC 49: 23, 29, 35, 38, 42 & 46 Bonus 24

Extra: 2, 7, 29, 82

These results are not official.

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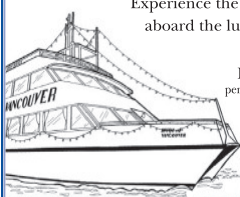
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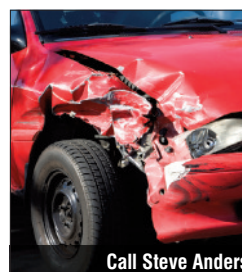
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Bikes being shipped over for Dutch fans

A total of 400 Dutch bikes are being shipped to Richmond to be used by Dutch fans during the 2010 Games. The bikes are available from 9 a.m. to 9 p.m. at the Holland Heineken House. **METRO VANCOUVER**

local 3



Protesters roll the poverty Olympics torch along Alexander Street in the Downtown Eastside yesterday.

Poverty in spotlight

Hundreds of demonstrators turned out for the poverty torch relay in downtown Vancouver yesterday to spread the message that money should be spent on fighting poverty, not staging the Olympic Games.

A poverty Olympics was also held, featuring events that can only be described as unique.

Protesters wore eclectic costumes and carried signs

and posters that read Homes Not Games and End Poverty, It's Not a Game.

The rally also attracted some members of the international media.

Amidst events with names like housing hurdles and the broken-promise slalom, speakers passionately argued the Canadian and B.C. governments should spend money on housing.

"We are pressuring the

government to do a few simple things — raise welfare, raise minimum wage and build social housing," said Trish Garner, who helped organize the mock torch relay. "Better yet, shift priorities from Olympic spending to a poverty-reduction plan."

Others at the rally decried condo ownership and amassing personal wealth.

GREG DOWNS/
FOR METRO VANCOUVER

News in brief

SURVIVOR A sea of pink scarves, wigs and boas will welcome the Olympic torch on Friday morning in support of torchbearer Judy Caldwell, breast cancer survivor and founder of the B.C./Yukon Region of the Canadian Breast Cancer Foundation.

CHINATOWN The annual Vancouver Chinatown Spring Festival Parade takes place today at 11 a.m. The event features the largest assembly of lion-dance teams in Canada, dancers, marching bands and uniquely decorated floats.

GIRAFFE A young giraffe has died at a Fort Langley conservation centre — the third giraffe to die at the facility in several months. Jerome died at the Mountain View Conservation and Breeding while undergoing surgery.

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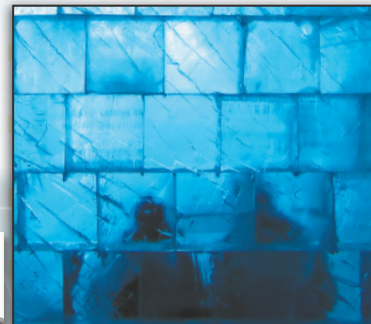
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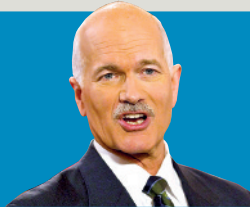
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CBCnews

An Ottawa police officer who is charged with criminal harassment appeared in court yesterday and was released on a recognizance with conditions. The male officer, 43, is charged with three counts for incidents that allegedly occurred between Nov. 1 and Feb. 5 and one count of breach of recognizance. **THE CANADIAN PRESS**

Canada



Layton forced to cancel

Health issues forced Jack Layton to miss his first scheduled appearance since announcing he has cancer. Layton was scheduled to attend two public events Saturday, but health concerns forced him to trim it back to one. The 59-year-old NDP leader revealed Friday he has prostate cancer. He has vowed to beat it and stay on as leader of the New Democrats and MP for Toronto-Danforth. **THE CANADIAN PRESS**

MP's office blocked doc

Aide moved to stop release

A federal cabinet minister's aide killed the release of a sensitive report requested under freedom-of-information legislation.

A bureaucrat had to make a mad dash to the department's mailroom last July to retrieve the report under orders from a senior aide to then-Public Works minister Christian Paradis.

The order was issued by Sebastien Togneri, Paradis' parliamentary affairs director, in an email after he was told the file was on its way to The Canadian Press, which had requested it.

"Well unrelease it," Togneri said in a July 27 email to a senior official in

"Well unrelease it."

Sebastien Togneri, minister's aide

the department's Access to Information section.

"What's the point of asking for my opinion if you're just going to release it?"

The document was an annual report on the real-estate portfolio, which contained information on high vacancy rates and weak returns on investment.

Internal documents on how Public Works handled the file were released to The Canadian Press under the Access to Information Act. **THE CANADIAN PRESS**

Not all Haiti donations are equal

AID As Canadians continue to donate tens of millions of dollars to relief efforts in Haiti, aid organizations are scrambling to ensure as much money as possible finds its way into the devastated country.

With the federal government's window to match donations set to close Friday, charities and NGOs are hoping the incentive will give one final push to their fundraising campaigns.

But administrative costs, logistical challenges and in a few cases shady book-keeping mean some donations are more likely than others to end up helping survivors of last month's earthquake.

A survey of several leading aid organizations in Canada revealed that while some guarantee every dollar of every donation will be sent to the country,



Earthquake survivors rally, demanding food in the streets of Port-au-Prince, Haiti, yesterday. Many aid organizations are using a percentage of donations for Haiti to cover overhead costs.

many take a percentage in order to process the funds.

The percentages vary between two and 10 per cent and are aimed at covering such expenditures as advertising, manning call centres and maintaining website servers.

THE CANADIAN PRESS

News in brief

SPENDING A \$59-million federal program to train native fisheries managers lacked key reporting controls to track spending and results, says an internal audit. It assessed 12 fiscal reports for the Aboriginal Aquatic Resource and Oceans Management program, which was launched in 2004. Of those 12 statements, the audit found "only five included all the financial information — the auditor's report, balance sheet, income statement" and other documents needed to analyze how money was spent.

HUNTING Aboriginal hunters across the North are pushing back against attempts to conserve wildlife, launching court actions and legislative measures to stop the three territories from regulating the harvest of caribou and polar bears. Aboriginal control over animals on their own lands is supposed to be guaranteed by a series of land claims and co-management agreements.

THE CANADIAN PRESS

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Haitian relief enters a new phase as doctors turn to healing minds shattered by grief and loss. Scan this code for the story.

Catch the show Canadians are falling in love with.



18 to Life

Islamic loans help Afghans

The old mullah fingers the orange and red beads as a visitor looks over a sheet of paper he has been handed.

Scrawled on the sheet in Pashto is the cleric's written approval for a faith-based lending company that is helping Kandahar's impoverished to prosper.

The firm needs his blessing to do business. The document condones the company's unique way of lending under Islamic law, or Shariah.

Different rules govern loans in Muslim countries like Afghanistan. Shariah permits commerce, but forbids charging riba, or interest, on loans.

So the Islamic Investment and Finance Co-oper-

ative in Kandahar city does things differently.

The scheme works like this: Borrowers first buy in to the co-operative. Instead of handing them a wad of cash, the firm buys them the seeds or fertilizer or whatever goods they need to get their businesses off the ground.

The loans are repaid in instalments. And while the co-operative charges nominal interest, usually no more than two per cent, that money is divvied up amongst all its 2,800 members, less its expenses.

"In Islamic Shariah, this is allowed. This is not prohibited," said Asadullah Stanikzai, head of the co-operative.

THE CANADIAN PRESS



Emru Townsend's blogs and websites and photo-sharing accounts documented his courageous battle with leukemia. After his death, his family could not access his sites or accounts.

Plan your digital legacy

LAW Emru Townsend fought cancer online. His blogs, websites and photo-sharing accounts documented his courageous battle with leukemia and his search for a bone-marrow donor.

After Townsend died in 2008, his grieving family wanted to maintain their online connection to him and inspire other cancer patients with his story, but their attempts to do so were stymied by a digital lock on his computer. Emru had left behind his password, but it was somehow lost.

If you haven't planned for what happens to your assets in the event of your digital demise, you aren't alone. "Most people don't think about it," said Donna Neff, an estate lawyer in Stittsville, Ont. "It just doesn't occur to them."

Neff said her law office recently added online affairs to its estate planning checklist, after password-protected web accounts became a problem for clients whose business partners or relatives died.

THE CANADIAN PRESS

Fire destroys CTV newsroom

OTTAWA Anchor Max Keeping usually tells his audience about fires in his city, but yesterday he found himself reporting on the blaze that gutted his own newsroom.

The early morning blaze destroyed CTV's Ottawa newsroom at its local station, CJOH-TV.

Damages were estimated at more than \$2.5 million, the network said on its website.

Among the losses were the local news archives of Ottawa's history and the 37-year video history of Keeping, who is set to retire April 1, CTV said.

THE CANADIAN PRESS

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Clouds prevented space shuttle Endeavour from blasting off yesterday on the last planned nighttime shuttle launch, delaying its trip with a final few building blocks for the International Space Station. **METRO NEWS SERVICES**

World



Yanukovich wins Ukraine vote: Poll

An exit poll says opposition leader Viktor Yanukovich, left, has been elected Ukraine's next president, steering the country away from the pro-Western course set by the 2004 Orange Revolution. The National Election Poll predicted that the Russia-leaning Yanukovich would finish first in yesterday's runoff ballot, 48.7 per cent to 45.5 per cent, with most other votes for the "against all" category.

THE ASSOCIATED PRESS

Deadly blast hits U.S. power plant

Connecticut explosion that killed 5, hurt 12 could be heard from miles away

An explosion blew out the walls of an unfinished power plant and set off a fire during a test of natural gas lines yesterday, killing at least five workers and injuring a dozen or more.

The explosion at the Kleen Energy Systems plant in Middletown, about 32 kilometres south of Hartford, could be heard and felt for miles.

Deputy Fire Marshal Al Santostefano told The As-

sociated Press yesterday night that no one was known to be missing amid the rubble from the damaged plant. Still, crews planned to spend all night going through debris in case there were any more victims. The cause of the gas explosion was unknown, and the investigation was to begin this morning, he said.

The explosion left huge pieces of metal that once encased the plant peeling

off its sides. A large swath of the structure was blackened and surrounded by debris, but the building, its roof and its two smokestacks were still standing.

Rescue crews had set up several tents alongside the site, which is a few kilometres from Wesleyan University on a wooded and hilly 137-acre parcel of land overlooking the Connecticut River.

The explosion happened around 11:15 a.m., San-

Status of injured

- Officials had not released the conditions of the other injured people by late yesterday afternoon, but hospitals reported some seriously injured patients.

tostefano said. Mayor Sebastian Giuliano heard the blast while leaving church.

Santostefano said 50 to 60 people were in the area at the time of the explo-

sion, and multiple contractors were working on the project, making it difficult to quickly account for everyone.

The 620-megawatt plant, which was almost complete, is being built to produce energy primarily using natural gas. Santostefano said workers for the construction company, O&G Industries, were purging the gas line when the explosion occurred.

THE ASSOCIATED PRESS

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Electric car developers hope the launch of Israel's revolutionary power grid will lead a worldwide shift. Scan this code for the story.

Hundreds flee Afghan town ahead of NATO offensive

MARJAH Minivans piled high with mattresses and clothing lined up at checkpoints yesterday as hundreds of civilians fled a Taliban-controlled area ahead of a planned NATO offensive in southern Afghanistan.

The militants dug in for a fight, reinforcing their positions with rocket-propelled grenades and heavy weapons, according to witnesses.

The U.S. military has not given a start date for the operation to clear insurgents from the town of Marjah, the biggest community in the south under insurgent control. But the military has said fighting will start soon and many residents weren't taking chances.

American aircraft dropped leaflets over Marjah yesterday warning people of the offensive, officers said, and the U.S. fired illumination rounds after sundown, apparently to help spot Taliban positions. U.S. Gen. Stanley McChrystal, the top NATO commander in Afghanistan, said the success of the operation depends on convincing civilians that the government will improve services once the militants are gone. **THE ASSOCIATED PRESS**

Winter storm buries U.S. capital, surrounding states in snow

SNOW Residents of the U.S. capital and mid-Atlantic states began digging out yesterday from piles of wet, heavy snow while crews tried to restore power to hundreds of thousands of homes and clear streets for work today.

The National Weather Service called the storm "historic" and reported a foot of snow in parts of Ohio and two feet or more in Washington, Delaware, New Jersey and Pennsylvania. Parts of Virginia, Maryland and West Virginia got closer to three feet.

Many roads reopened but officials continued to warn residents that highways could be icy and treacherous. The snow snapped tree limbs onto power lines and several

roofs collapsed under the weight. In Washington, city officials said it was unclear if the roads would be clear enough for workers to get in today.

Authorities say most public transportation in Philadelphia has resumed in the wake of the city's second-largest snowfall. But in Pittsburgh, bus and light-rail service was suspended.

In New Jersey, more than 90,000 customers lost power during the storm's peak. By yesterday morning, 59,000 homes and businesses — nearly all in Cape May County — remained without power. Workers from other areas were pitching in and state crews were trying to clear roads.

THE ASSOCIATED PRESS



Mary Knapp Seibel digs out her car as her dog Wolf sits close by in Bethesda, Md., yesterday. Cities in the Mid-Atlantic U.S. awoke to below-freezing temperatures and piles of snow while power crews tried to restore electricity to hundreds of thousands of homes.

News in brief

STUDENTS Britain's home secretary says rules on student visas are being tightened to keep people from flouting the rules and working illegally. Alan Johnson said those who come to Britain for short courses — less than six months —

can no longer bring their dependents. He also said the number of hours foreign students will be able to work are to be cut from 20 a week to 10, and that a higher standard of English will be required.

THE ASSOCIATED PRESS

Karzai considers using conscription to meet security goals

MILITARY Afghan President Hamid Karzai said yesterday he is looking at instituting conscription to build an army big enough to provide security without international help.

Karzai told a conference

of the world's top defence officials in Munich that he wants to build and train an army and police force of 300,000 by 2012 that will be able to provide security for Afghanistan by 2015 without foreign help.

But last week, Afghan Defence Minister Gen. Abdul Rahim Wardak told reporters the army had no shortage of recruits and that there was no need to force people to serve.

THE ASSOCIATED PRESS

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Whaling **Collision at sea**

There was a clash Saturday between a Japanese whaling ship, right, and a ship belonging to the Sea Shepherd anti-whaling group. The two vessels collided in the waters off Antarctica. No one was reportedly injured in the latest incident.

GLAN LOCKHART/THE ASSOCIATED PRESS/SEA SHEPHERD

Israel arrests activist pair

Israeli troops broke down the door of an apartment in the Palestinian-ruled West Bank town of Ramallah yesterday and arrested two pro-Palestinian activists from Spain and Australia, their roommate said.

The Israeli military said the two women overstayed their visas, but also alleged they were involved in violent protests in the West Bank. Their lawyer, Omer Shatz, said he believes the pair were targeted for what he described as peaceful protests against Israeli policies in the West Bank.

The two women are members of the International Solidarity Movement, which has been active in the Palestinian territories for several years.

Shatz said the women were in detention but that a judge issued an order preventing their deportation. He identified them as Ariadna Jove Marti, 25, of Spain, and Bridgette Chappell, 21, of Australia.

The women's roommate, Ryan Olander, said about a dozen Israeli soldiers broke into the apartment before dawn yesterday.

THE ASSOCIATED PRESS

Iran accuses 7 of spying

ACCUSED Iran has arrested seven people linked to a U.S.-funded Farsi-language radio station for allegedly fomenting unrest, and accused some of the suspects of working for American spy agencies, Iranian state media reported yesterday.

The official IRNA news agency and Iran's state radio both cited an Intelligence Ministry statement saying the suspects played a role in violent anti-government demonstrations

in Tehran on Dec. 27. On that day, at least eight people were killed and hundreds were arrested during clashes between opposition supporters and security forces. The violence was the worst since authorities launched a harsh crackdown immediately after Iran's disputed presidential election in June.

The arrests may be part of a government effort to discredit the opposition.

THE ASSOCIATED PRESS

43 homes damaged in L.A.-area mudslides

EVACUATED Forty-three homes in La Canada Flintridge, in the foothills north of Los Angeles, were damaged and 500 more evacuated Saturday after mud and water overflowed basins and surged into streets, taking furniture, cars and concrete

barriers with it. About 70 homes remained under evacuation orders yesterday morning.

Los Angeles County public-works crews were using bulldozers and other heavy machinery to move boulders and clear roads.

THE ASSOCIATED PRESS

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Former Alaska governor Sarah Palin says it would be "absurd" for her not to consider running for president in 2012. She told Fox News yesterday she will run for president if she believes it's right for the country and right for her family. **THE ASSOCIATED PRESS**

Dead boy's mom made cult claim

NEW YORK A Belgian-born woman charged in her eight-year-old son's death in a New York City luxury hotel was once detained by police in Wyoming after claiming the boy was being molested by devil worshippers.

Cheyenne Det. Tom Hood said Gigi Jordan, 49, wrote letters to a sex crimes investigator more than two years ago saying her autistic son was being abused by a cult. Hood says officials briefly detained Jordan for a psychiatric evaluation. An ex-

amination showed no signs of abuse. The boy was found dead Friday.

Police say it appears he died of a drug overdose in a murder-suicide attempt. Jordan's ex-husband says she appeared to be a devoted mother. **THE ASSOCIATED PRESS**

Spain Better days ahead?



Two girls march in San Sebastian yesterday against the new EU.

White House rebukes critics

An exasperated White House newly committed to preaching partisan peace slammed Republicans for playing politics on national security and making ignorant allegations about the probe into the Christmas airliner plot.

Deputy national security adviser John Brennan complained yesterday that politicians, many of them Republicans, were unfairly criticizing the administration for partisan purposes and second-guessing the case with a "500-mile screwdriver" that reaches from Washington to the scene of the abortive attack in Detroit.

"Quite frankly, I'm tiring of politicians using national security issues such as terrorism as a political football," Brennan said. "They are going out there. They're unknowing of the facts. And they're making charges and allegations that are not anchored in reality."

Brennan's comments on NBC's Meet the Press came a day after U.S. President Barack Obama urged Democrats to work with Republicans, telling those attending the Democratic Party's winter meeting that "we can't solve all of our problems alone." The president offered a similar message to a recent gathering of House Republicans.

Republicans have been particularly vocal in criticizing the Obama administration's decision to charge accused bomber Umar Farouk Abdulmutallab in criminal rather than military court and allowing him to be advised of his rights, the so-called Miranda warning. In contrast to claims that Abdulmutallab stopped talking to authorities after receiving the warning, administration officials have contended that the suspect provided useful information before the warning and again some weeks later.

Obama himself reiterated his support for the handling of the case, telling CBS News in an interview yesterday that Abdulmutallab "clammed up" after authorities had obtained actionable intelligence from him. Brennan said Abdulmutallab was treated no differently than any other terror suspect arrested on U.S. soil.

THE ASSOCIATED PRESS

Be prepared to TravelSmart with transit during the 2010 Winter Games.

Give yourself plenty of time.

Buy FareSaver tickets or 6-week Games pass in advance.

Wear comfy shoes for waiting in line and walking to venues.

Dress warmly.

Check travel alerts and up-to-date schedules at TravelSmart2010.ca.

Be prepared to stand if seats are full.

A little preparation goes a long way towards having fun at the Games. Avoid peak travel times – plan to be at work by 7am and start your commute home at 2pm or if you want to stay downtown to enjoy the celebrations, plan to leave after 7pm and avoid travelling right after events finish. Be sure to give yourself extra travel time and be prepared for crowds wherever you're going during Games-time. Remember to dress appropriately for outdoor conditions. Bring some patience, check for travel alerts and use the trip planner before you leave at TravelSmart2010.ca.



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Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro

Distribution Mgr, George Acimovic

METRO CANADA

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Editor-in-Chief, Charlotte Empey

Assoc Managing Editor, Tarin Elbert
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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Counting on our SkyTrain

Expect to wait one hour at worst during Olympic Games

InTransit

Derek Moscato

dmoscato@yahoo.com

With athletes, spectators, volunteers and media pouring into Vancouver in the lead-up to the Winter Olympics, it's time for locals to be thinking about how they will get around the city in the coming weeks.

Not surprisingly, many folks are planning to use SkyTrain to get to work, pleasure and the athletic competitions. In a bid to ward off traffic chaos and keep people moving, our region's light metro system will be counted on like never before.

But can the Expo, Millen-

nium and Canada Lines withstand the crowds? The system will be strained, yes, but the Olympics transportation plan should mitigate the worst of the congestion.

TransLink's Ken Hardie told me that recent modeling work shows the longest SkyTrain wait times will probably be about an hour, and then only in certain situations. This should be good news for those who were fearing wait times of two or even three hours.

However, he noted that from roughly 2 p.m. to 7 p.m., and again from about 10 p.m. to midnight on hockey nights, Olympics-related traffic will be heavy.

Locals can improve their commute by waking up earlier and adjusting their work schedules, according

to Hardie. "We've asked people working in the downtown area who don't intend to participate in Games-related events ... to commute back home by 2 p.m." he said.

Better yet, work from home if you can.

"While downtown stations are expected to be busy, some stations outside of the core will also be bustling."

And while downtown stations are expected to be busy, some stations outside of the core will also be bustling. Higher passenger volumes are expected at King Edward Station, given its proximity to curling competitions. Renfrew and 29th Avenue stations will be the base for shuttle bus services whisking fans to short-track speed skating and figure skating at Pacific Coliseum.

As a key transfer point, Broadway/Commercial will be very busy.

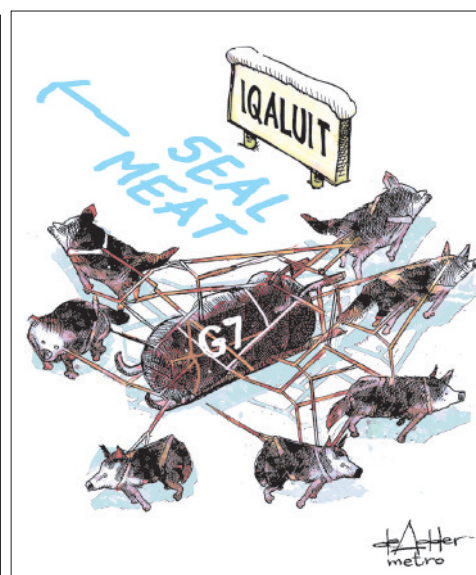
TransLink is trying to ease the burden for those facing long waits. Hosts will work at the main SkyTrain stations to help people with directions and to manage lineups for speed and safety.

The agency is also bringing in street entertainers to bring some cheer to the queues. The Salvation Army will be on hand to provide water and hot drinks if waits become unusually long.

Besides, as Hardie noted, many veteran Games enthusiasts say that queuing up and chatting with others while waiting for transit is part of the Olympics experience.

Dare we say it, lining up might be fun.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.



Worth mentioning

Canadians expect big bill for upcoming Games: Poll

VANCOUVER

2010 Games

Most Canadians believe the Vancouver Olympic and Paralympic Games will finish in the red, according to a new Canadian Press Harris-Decima poll.

In a survey conducted last month, 84 per cent of those polled indicated the Games, which begin Friday, will go over budget.

Just three per cent felt the Games would come in under budget and six per cent said they would break even.

"That was a pretty consistent view in all walks of life, in all parts of the country," said Harris-Decima senior vice-president Doug Anderson.

"It doesn't matter where you come from, what age you are, there are very few people who buy into the notion that this is going to be on budget, let alone under budget."

The telephone survey of 1,000 Canadians was con-

ducted Jan. 21-24 and has a margin of error of 3.1 per cent, 19 times out of 20.

Anderson said skepticism about the Games budget could be due to many things but it's probably anchored by persistent memories of the massive cost overruns for the 1976 Summer Olympics in Montreal.

The entire Games ran in the red despite assurances from then-mayor Jean Drapeau that they could not lose money any more than a man could have a baby.

The city finally paid off the debt on the Olympic stadium — the most onerous symbol of the problems

that plagued the Games — in 2006. The 1988 Calgary Winter Olympics actually turned a profit.

Vancouver Olympic organizers say they have not spent more than budgeted for venues, although the city of Richmond laid out tens of millions more to upgrade the speedskating facility and the city of Vancouver.

THE CANADIAN PRESS

Views

Plagiarizing poems is the key to her heart

HineSight

Anne Hines

metronews.ca/hinesight

With Feb. 14 fast approaching, today I provide support for readers who fall into the category known as, "special-occasion challenged" or, alternatively, "men."

True, not all men are special-occasion challenged. To find out if you are, answer this simple question.

To me, Valentine's Day is:
a) A magical 24 hours when I can shower my partner with the love and appreciation she deserves.

b) What?
If you choose b), help is at hand.

First, remember that your goal on Valentine's Day is to show your partner that you've thought about her.

And not only when you wondered who you could get to make snacks for poker night.

A classic way to do this is by creating something personal and artistic.

For "artistic," it's best to stick to poetry. Interpretive dance does not usually work so well except to give her something to share with her friends on YouTube.

Many men, when con-

fronted with the exciting challenge of writing poetry respond, "Can't I just chew off my arm instead?"

No. That kind of thing is hardly ever romantic. What you want is to give her something meaningful and heartfelt that expresses your love in terms only you could use. To achieve this, you simply have to steal it from someone else.

Stealing poetry is entirely OK. There's an old saying, "Imitation is the sincerest form of flattery ... except if you're making knock-off

handbags or watches, in which case it's illegal."

An important tip: The best poems to steal are ones that don't contain the words "booty" or "hot" or that you didn't get off either a washroom stall door or a site for Metallica lyrics.

Here are two suggestions: "Love is not love that alters when its alteration finds, nor bends with the remover to remove."

This is perfect for the woman you'd describe as "has never, ever read Shakespeare, so won't know I stole this."

So, this Valentine's Day gentlemen, remember this. Plagiarize a little poetry, and you'll steal your way into her heart.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Goldman Sachs Group Inc. CEO Lloyd Blankfein is getting a \$9-million US stock bonus for 2009, a modest payday by Wall Street standards that appears aimed at quelling criticism of the bank's compensation practices. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Recall affects resale

Blue Book cuts pre-owned Toyota value

Toyota's wilting reputation is beginning to affect the resale value of its vehicles, with Kelley Blue Book cutting its valuations by \$200 US to \$500 US, depending on the model.

The U.S.-based used-auto pricing service that helps consumers determine how much their pre-owned vehicles are worth, says it has lowered the resale value for the Toyota vehicles involved in the company's massive January recall by one to two per cent.

Toyota's recall over reports of a defective pedal will likely impact demand for used Toyotas, particularly because the problem has been linked to wear and tear on older vehicles.

In a survey on KBB's website, 20 per cent of people who were intending to buy a Toyota before the recall are no longer considering the brand, said Juan Flores, director of vehicle valuations at KBB.

The Japanese automaker

Repairs underway

Fix takes about 30 minutes

- Toyota Canada dealerships began repairing priority vehicles last week and expect to replace all the defective accelerator pedals within the month.
- The solution is a simple one — installing reinforcement bars to eliminate excess friction — and only takes about 30 minutes to complete.
- Sales of the affected vehicles resumed on Friday.



DAVID ALMOND/STAFF PHOTO

also briefly halted sales and production of the affected vehicles, leading to a build-up of supply inventory, Flores said.

"When the supply returns, it will flood the market and that will put further pressure on prices."

The business manager of a used-car dealership in Oshtemo, Ont., said he thinks the negative publicity that has engulfed the company over the last couple of

weeks has been overblown, but he expects it will have at least a short-term impact on values.

However, the number of searches for Toyota vehicles on Autotrader.ca has stayed steady, indicating consumers are still interested in the brand. Scott Neil, director of online marketing at Trader Corp., which runs Autotrader.ca, said he hasn't noticed a change in pricing. **THE CANADIAN PRESS**

Debt worry may weigh down TSX

MARKETS The Toronto stock market could see selling pressure this week as investors weigh whether recent U.S. employment data will lead to a sustained economic recovery.

Worries about whether some European countries can get huge deficits under control has further discouraged stock buyers and the question now is how far markets will retrace after a year of steady gains.

Economic data on Friday showed the U.S. economy shed 20,000 jobs during January, though the jobless rate fell to 9.7 per cent from 10 per cent.

Investors also worried whether Greece and Portugal have the will to impose tough austerity measures. "The theme of the day at this point I think is sovereign risk and political risk," said Danielle Park, of Venable Park Investment Counsel in Barrie, Ont.

THE CANADIAN PRESS

Business in brief

PUBLISHING McGraw-Hill Ryerson Ltd. said Friday it earned \$3.6 million in its latest quarter and declared a special one-time dividend of \$2.50 per share.

MERGER Capital pool company Lander Energy Corp. said it plans to merge with Markham-based Intelligent Imaging International Ltd. in a share-swap deal that will see the company change its name. Intelligent Imaging is entering the commercial launch stage of their unique electro-optical digital imaging and vision system. **THE CANADIAN PRESS**

Toyota planning to recall Prius in Japan, reports say

AUTOS Toyota said yesterday it will soon announce plans to deal with braking problems in its Prius hybrid amid reports it has decided to issue a recall for the vehicle in Japan.

The world's biggest automaker has told dealers in the United States it is preparing to repair the brakes on thousands of Prius vehicles there, according to an email sent by a company executive. It was unclear whether Toy-

ota planned a U.S. recall.

Prius drivers in Japan and the U.S. have complained of a short delay before the brakes kick in — a flaw Toyota says can be fixed with a software programming change. The lag occurs as the car is switching between brakes for the gas engine and the electric motor. The new Prius model was released in May, and more than 300,000 have been sold.

THE ASSOCIATED PRESS

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Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA



The Olympic Oval in Richmond has been constructed with the latest in green technology.

Faster, stronger, greener?

Vancouver Olympics to be cleanest to date

Eco-Minded

**Kai Chan
with
Nathan
Vadeboncoeur**

metronews.ca/ecominded

The 2010 Olympic Games will be the greenest yet. It sure is nice to kick off the games with a record.

The Vancouver Games are showcasing green buildings, providing a model for how individuals and businesses can help Canadians meet our emissions targets, even if the federal government is unwilling.

Did you know that 30 per cent of Canada's energy use comes from buildings?

That's much more than the Alberta oil sands. And with buildings, decisions today can have ramifications for decades down the road.

Most buildings are nowhere near as efficient as they could be, in part because they are often programmed to perform unnecessary tasks such as heating at night while un-



The Vancouver Games are showcasing green technology.

Activism

- The games sustainability strategy: vancouver2010.com/sustainability
- You can view real-time energy consumption of Olympic venues: venueenergytracker.com/
- The David Suzuki Foundation can help you 'green' your home and work: david Suzuki.org/Take_Action/

occupied. VANOC has programmed their buildings to be energy efficient and is using real-time energy monitoring to ensure that buildings are performing as intended.

Besides making buildings run more efficiently,

VANOC has made sure new buildings constructed for the games were built using the greenest materials available.

All new Olympic buildings are LEED certified, meaning that the sustainability of new buildings has been independently verified through a respected system.

Whether it's using more efficient lighting, installing programmable thermostats, or buying energy efficient appliances, we can all make changes to reduce the energy consumed by our homes and businesses.

When it comes to energy savings, kudos to you for whatever you do, and special kudos if it's world-leading.

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Former NFL star Warren Sapp was released from jail yesterday on \$1,500 US bond, a day after being arrested for allegedly choking a woman in his hotel room. Sapp was released at about 11 a.m. yesterday — when the NFL Network analyst would have been helping with Super Bowl coverage. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Sharks beef up blue-line

The San Jose Sharks have bolstered their defence by acquiring Niclas Wallin, left, in a trade with the Carolina Hurricanes. San Jose also acquired a fifth-round pick and sent a second rounder to Carolina to complete yesterday's deal. The 34-year-old Wallin has played in 69 play-off games, the second-most in club history, helping the Hurricanes reach the Stanley Cup finals twice, winning it in 2006. **THE ASSOCIATED PRESS**

Brees' Saints breeze to first title

New Orleans quarterback named MVP after tying Super Bowl record

SUPER BOWL RESULTS

Colts 17 Saints 31



Put those paper bags away forever.

Drew Brees and the New Orleans Saints are Super Bowl champions after rallying to upset Peyton Manning and the Indianapolis Colts 31-17 last night in one of pro football's most thrilling title games.

Brees — named the game's MVP — tied a Super Bowl record with 32 completions, the last a two-yard slant to Jeremy Shockey for the winning points with 5:42 remaining.

"We just believed in ourselves and we knew that we had an entire city and maybe an entire country behind us," Brees said. "What can I say? I tried to imagine what this moment would be like for a long time and it's better than expected."

A surprise outside kick sparked the Saints' second-half comeback. Their 25th-ranked defence made several key stops, and Tracy Porter's 74-yard interception

return on a pass from Manning, of all people, clinched it.

Manning tried to give chase, but was blocked by a New Orleans defender and fell awkwardly as the cornerback raced by. The four-time NFL MVP forlornly walked to the sideline as the Big Easy celebrations began.

"It's time for the Saints to celebrate," he said. "It's their field and it's their championship."

An NFL embarrassment for much of their 43 years, the Saints' football renaissance, led by Brees and coach Sean Payton, climaxed with Shockey's touchdown and Lance Moore's two-point conversion catch, originally ruled incomplete but overturned on Payton's challenge.

Porter's pick, just as dramatic as his interception of Brett Favre's pass to force overtime in the NFC title game, was the game's only turnover. It's one Manning will forever regret.

The Saints (16-3) won three post-season games this winter after winning only two in the previous 42 years. They beat Arizona, Minnesota and Indianapolis



New Orleans Saints cornerback Tracy Porter, centre, reacts as he returns an interception 74 yards for a touchdown against the Indianapolis Colts during the second half of last night's Super Bowl.

lis (16-3) — all division winners — for their first title, scoring 107 points and allowing only 59.

The championship came 4-1/2 years after Hurricane Katrina ravaged New Orleans, making the Saints nomads for the 2005 season. There even was some

doubt they would return, but the NFL refused to abandon the city. The Superdome was repaired and the Saints won the NFC South in '06, their first season with Brees and Payton.

That was the season Manning won his only Super Bowl. He had the Colts,

favoured by five points, in front for much of this one, but New Orleans' league-leading offence, which scored 510 points this season, outscored Indy 31-7 after falling behind 10-0. That matched the biggest comeback in a Super Bowl.

THE ASSOCIATED PRESS

Sports in brief

CURLING Team Canada's Jennifer Jones won her third straight Scotties Tournament of Hearts title yesterday, defeating Prince Edward Island's Kathy O'Rourke 8-7 in extra ends. Jones scored one in the 11th to give her rink a fourth Scotties title overall.

SOCCER Chelsea beat Arsenal 2-0 yesterday to stay ahead of Manchester United in the race for the Premier League title. Victory lifted the Blues to 58 points, two more than defending champion United and nine more than third-place Arsenal.

NASCAR Danica Patrick is expected to announce today if she will enter the Nationwide Series race at Daytona International Speedway on Feb. 13.

NCAA Florida State University says it will vacate a 2007 bowl victory and 11 regular season football wins, along with dozens more across 10 men's and women's sports, because of NCAA sanctions.

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Trade winds continue to blow as Suns surge

NBA The Phoenix Suns are surging amid speculation Amare Stoudemire could be traded in the next two weeks.

Victoria native Steve Nash turned 36 yesterday with the Suns on a season-high, five-game winning streak that includes their first 4-0 road trip since December 2006.

Nash said it would be a shame to see Stoudemire traded away, with the team playing as well as it is.

"I think everyone feels good about our team and wants it to stay the same," he said. "It's not really in our hands. A lot of it has to do with contracts and extensions and stuff and those areas are fairly personal matters. We've just got to worry about the things we can control and keep building as a team."

For the second year in a row, it appears the Suns are listening to offers for Stoudemire. The all-star forward can opt out of his contract after this season, and the Suns don't want to see him walk away with them receiving nothing in return.

"I'm just staying away from the trade talk

now," Stoudemire said as he walked to his car following yesterday's practice. "I said pretty much what I said about the whole situation and I'll just let it play out."

On the team's recent road trip, Stoudemire said he could decide not to opt out of the final year of his contract, whether he's in Phoenix or not, and take the



Steve Nash

"I think everyone feels good about our team and wants it to stay the same."

Steve Nash

\$17 million US he is scheduled to receive.

Stoudemire is averaging 25.6 points and 10 rebounds during the Suns' winning streak, which has coincided with the insertion of seven-foot Robin Lopez into the starting lineup.

"Now guys can't totally focus on me out there," Stoudemire said. "They've got to worry about him as well because he's a force to be reckoned with definitely on the boards."

Coach Alvin Gentry put Lopez in the lineup 11 games ago.

THE ASSOCIATED PRESS

 Vancouver Games

Will Olympics become 'Vonn-couver Games?'

Big things expected from U.S. skier Lindsey Vonn

Maybe the only thing more brilliant than Lindsey Vonn's skiing is her personality.

The woman who can be ruthless in winning World Cup events is intelligent, articulate and photogenic at the finish line. Combine Vonn's persona with her potential to win three or more gold medals and she easily could become the international face of the Vancouver Winter Olympics.

Think Michael Phelps in a parka. Get ready for the "Vonn-couver Games."

"Lindsey Vonn is the one athlete I can think of that would be a face of the Games not only in North America, but in Europe and the Far East," says veteran broadcaster Brian Williams, who will cover his 13th Olympics. "She is so well known in Europe and so dominant in women's skiing."

Vonn, of Vail, Colo., has won nine World Cup races this season in downhill, super-giant slalom and the combined event. The 25-year-old is also the two-time defending overall World Cup champion.

Crowning an American queen of the ski hill would boost NBC's television ratings much like Phelps' swimming did during the last Summer Games when his eight gold medals made him king of the pool.

NBC has already made Vonn the centre of its marketing campaign for the Games. The network helped sponsor a contest for people to design the artwork on her Olympic race helmet.

Vonn seems content to play along with the hype, but understands the nature of ski racing.

"I haven't given any thought to even the possibility of winning more than one medal at the Olympics because it is going to be re-



Lindsey Vonn takes first place during the Audi FIS Alpine Ski World Cup Women's Super-G on Jan. 31 in St. Moritz, Switzerland.

"I am skiing really well right now, but anything can happen on race day."

Lindsey Vonn

ally tough," she said during a recent conference call.

"Nothing is guaranteed in ski racing. I am skiing really well right now, but anything can happen on race day. All I am doing is preparing myself the best I can. I hope all the pieces come together for race day."

Circumstances could conspire to make another athlete the face of the Games.

Defending his Olympic gold medal in halfpipe would further fuel the marketing machine around American snowboarder

Shaun White. The world could fall under the charm of South Korean figure skater Kim Yu-Na should she win the women's figure skating.

Long-track speedskater Sven Kramer, already a superstar in his native Netherlands, could become an international heartthrob with a couple of gold medals. Imagine the media frenzy if NHL sniper Alexander Ovechkin leads Russia to the gold medal in men's hockey.

THE CANADIAN PRESS

Games in brief

FLAG Australia won't have to take down its giant "boxing kangaroo flag" from the athletes' village for the Vancouver Olympics. Australian Olympic Committee president John Coates says a deal was reached yesterday with the International Olympic Committee to keep the flag up for the duration of the games. The flag has been hanging from a balcony from the team's living area.

THE ASSOCIATED PRESS

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Be a part of history... Be a part of the Games

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

McGill goes big with Wikipedia

In what might be the first officially sanctioned Wikipedia club on a post-secondary campus, Students Supporting Wikipedia was recently granted interim status from McGill University's student government. The main purpose of the club is to raise funds and contribute information to the online encyclopedia. The group hopes one of its continuing moneymakers will be on-campus donation boxes with the message, "If you used Wikipedia today, put in a quarter." METRO NEWS SERVICES

The secret to the job hunt: Talk, talk, talk

MAT LECOMPTÉ
for Metro Canada

There are jobs out there. What may come as a surprise is that they may not be listed on websites like Workopolis, Hotjobs, Craigslist or company web sites.

According to networking and job search guru Molly Wendell, the key to finding a job is all about getting out there, meeting people and having good conversations. In fact, she says most employers don't even care about what's on your resumé; they're more concerned with who you are what you can do in the future, as opposed to what you've done in the past.

"I was unemployed for two years and three days. After a year and a half, I knew I was doing something completely wrong," Wendell told Metro. "So I turned off my computer and got out and had interesting conversations with people within the industry I wanted to work."

Over the next 90 days, Wendell had 30 interviews. By abandoning her web-based approach to finding employment, she found all kinds of opportunities and got offers that weren't even listed.

"To get a job, you actual-



According to Molly Wendell, who had 30 interviews in 90 days, networking is the best way to get a job in today's market.

ly have to do something," she says. "Put on your game face and get things done."

She says one of the keys to starting your job search is to focus on what you want to do for a living and what you want out of life. "To be specific, is terrific. To be vague is the plague," she says, quoting a grade school teacher.

Next, find people in the industry you're interested in to talking to. And cast a wide net, because, she says, the people who know you least will often offer the best help.

For those with small networks or those who are rel-

atively shy, she says you've got nothing to worry about. The reason is that the best networkers often talk the least. The key to networking, you see, is all about asking the right questions and engaging your company, she says. If you want to be a good networker, you must be a good listener.

"Say, 'Hey, I need your help. I want to learn and talk,'" she says. "No one wants to listen to 'me, me, me' all the time."

The kind of engaging questions she suggests asking are things like where the company is now, and where it is going. Where

the customer base is headed, and how they can best be served in the future. She says to focus on the present and future, while asking smart questions as the conversation continues.

It's important to keep in mind that interviews, much like conversations, are a two-way street. Meaning you want to do your best to get as much information that you can to ensure it's an opportunity you'd like to pursue.

For more tips about finding the right job, visit Wendell's blog at executivesnet.wordpress.com or check out her new book, The New Job Search.

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Fee: \$195 Includes Networking Lunch
Location: JIBC Great Northern Way Campus (Vancouver)

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University of Calgary loses accreditation in China

China has removed the University of Calgary from its list of accredited institutions, a move university officials suspect is linked to the Dalai Lama receiving an honorary degree. **METRO NEWS SERVICES**

workology15

Meet the guardian of the Olympic torch

OddJobs

Diane Peters

Metronews.ca/oddjobs



This winter, thousands of lucky Canadians have had the honour of carrying the Olympic torch for a kilometre or two.

But Jeff Simpkins has travelled with the flame for thousands of kilometres across Canada and back.

As one of just five torch escorts working the entire relay, this police officer knows how lucky he is. "It's pretty amazing. It's neat to see Canada this way."

Simpkins, 48, is from Belleville, Ont., and thought about joining the police force as a young man. He studied chemistry and worked in research for a few years. Then, about 23 years ago, he walked into a police station in his hometown and applied. "I walked in in October, and started in March. And I've never looked back since."

Working for the Ontario Provincial Police, Simpkins has been stationed across the province, and has been based in Orillia since 2001. He currently works with the Aboriginal Policing Bureau.

On his own time, Simpkins is a runner. He began long distance running when he was in grade 10

and also has never looked back. He does ultramarathons now: Races that go for 50 kilometres or more.

"Most people know me as a bit of a running freak," says Simpkins.

That's why one of his senior officers asked him, many months ago, if he would work with the RCMP to escort the flame across Ontario. He accepted, and while doing a training camp for the job, filled out a form that asked if he'd be interested in acting as a commander for the entire run.

"I, like most people, said yes,

thinking it wasn't going to happen."

A week after he got home, he got an email telling him he'd been selected.

He started his job on Oct. 30 in Victoria. His days begin as early as 4:15 a.m.. Simpkins and his

team are primarily responsible for the safety of the flame and the bearers. His work varies between running alongside the torch (he can cover as much as 45 km a day), assisting torchbearers, dealing with small tasks that need to be done and riding in the convey as it drives to the next town. Days end around 7 p.m. By the time he eats dinner and spends an hour or so planning the schedule for the next day, it's time for bed by 11 or 12. He gets little rest and just a few

The Lowdown

Job title: Torch escort.

Salary: Part of his job as a police officer.

Education/training: Must be a trained officer and must be a runner.

Best Part of the Job: "Having the opportunity to see how truly beautiful this country is and experiencing the people at the same time."

Worst Part of the Job: "Being short on sleep."

"I, like most people, said yes, thinking it wasn't going to happen."

Jeff Simpkins on his chance of getting the torch-escort job

days off here and there, but he's not exhausted. He knows his last day of work is Feb 12, and then he flies home the next day. "Then it's back to normal work."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Taylor Lautner is now no longer just a hulking werewolf. He will soon embody Hasbro's popular '80s toy in Universal's adaptation of Stretch Armstrong. The movie, to be produced by Brian Grazer, will be released in 2012 in 3-D. EW.COM

Lautner stretches out

Entertainment

EDITOR: DEAN.LISK@METRONews.CA



Crow a Cougar

Sheryl Crow is moving into Cougar Town. The Grammy winner, 47, has scored a role on the ABC comedy as the love interest of Courteney Cox's character's recently divorced neighbour. USMAGAZINE.COM

Going for the gold

Warm up for Olympics with tear-jerkers, against-all-odds films

VANCOUVER

2010 Games

With the Winter Olympics just days away, put yourself in the mood with a few movies documenting the thrill of the medal chase. Here's a look at cinema's take on the biggest event in sports.

BLADES OF GLORY Slapstick comedy meets pairs skating in this ludicrous 2007 farce from Will Ferrell and Jon Heder about rival skaters who team up to compete in the World Winter Sport Games. Ferrell plays the cocky Chazz Michael Michaels, while Heder is his one-time adversary Jimmy MacElroy.

When their on-ice animosity goes too far they are banned from singles competition and take desperate measures to reclaim skating glory.

CHARIOTS OF FIRE Perhaps the most critically acclaimed of all Olympics-themed films, this 1981 tale about two runners preparing for the 1924 Games was nominated for seven Academy Awards, nabbing the prize for best picture. It's impossible to hear the famous theme song by Vangelis without catching the Olympic spirit.

COOL RUNNINGS A perfect prelude to the Vancouver Games, this 1993 gem looks at the plucky Jamaican bobsled team that charmed fans during the Calgary

Olympics in 1988. Includes a standout performance by the late John Candy as Irv Blitzer, the down-on-his-luck bookie who agrees to coach the team.

CUTTING EDGE Another story that echoes the '88 Games, Cutting Edge opens with American hockey player Doug Dorsey (D.B. Sweeney) taking a brutal hit during a game against West Germany. Long before Battle of the Blades made it cool for hockey players to figure skate, Dorsey reinvents himself as one-half of a figure-skating pair with the imperious Kate Moseley (Moir Kelly). Although there was also a Cutting Edge 2 and 3, it's hard to beat the charm of the 1992 original.

ICE CASTLES There are two versions of this figure-skating tear-jerker to choose from — the 1978 original, featuring Lynn-Holly Johnson and Robby Benson, and the straight-to-DVD update starring real-life figure skater Taylor Firth and actor Rob Mayes. Both follow the same routine, with promising skater Alexis Winston leaving her small town with Olympic dreams to train under a renowned coach and become a champion ice skater. When a freak accident leaves her blind, the teen must dig deeper than ever to find the strength to dream big.

MIRACLE This flag-waving 2004 crowd-pleaser traces the unlikely triumph of a ramshackle U.S. hockey team over the intimidating Soviet squad at the 1980 Winter Games in Lake Placid, N.Y. Kurt Russell earned critics' praise for his portrayal of no-nonsense coach Herb Brooks, while the young athletes who portray the team hit the rink with an authenticity rarely seen on the big screen.

PERSONAL BEST Running and romance mingle in this 1982 drama, better known for its risqué lesbian storyline than its account of female athletics despite strong critical praise at the



Jon Heder and Will Ferrell team up for laughs in Blades of Glory.

time. Mariel Hemingway and real-life track star Patrice Donnelly star as two highly competitive athletes training for the 1976 Montreal Games.

PREFONTAINE The tragic struggle of middle-distance runner Steve Prefontaine is laid bare in this 1997 retelling, which stars Jared Leto of My So-Called Life. The record-setting athlete makes it to the 1972 Munich Olympics, but a terrorist attack kills several athletes and leaves him shaken. He returns to the United States without a medal and becomes an outspoken advocate for amateur athletes. While training for the 1976 Summer Olympics in Montreal, he dies in a car accident at the age of 24.

RUNNING BRAVE This against-all-odds tale from 1983 focuses on long-distance runner Billy Mills, who pulled off a massive upset at the 1964 Tokyo

Olympics when he claimed the gold medal for the United States. Robby Benson plays the Sioux athlete, whose rise to legendary status came despite virulent racism in the '60s and the dominance of established champions from Australia, New Zealand and the Soviet Union.

INTERNATIONAL VELVET In this 1978 sequel to the 1944 Elizabeth Taylor classic National Velvet, Velvet Brown has grown up and is guardian to her orphaned niece, Sarah Brown. Hostile and immature, the teen, played by a 14-year-old Tatum O'Neal, finds solace in her love of horses. With the help of a dedicated equestrian trainer played by Anthony Hopkins and the support of her aunt and uncle (Christopher Plummer), Sarah trains for the Olympics and becomes a champion horse racer.

THE CANADIAN PRESS



IT IS ALL ABOUT LOVE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

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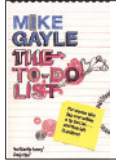
Rice hones in on religion



Angel Time

Author: Anne Rice
Publisher: Knopf Canada
Price: \$35 (Hardcover)

THE OPENING installment in Anne Rice's Songs of the Seraphim series drives the stake in the vampire niche she's known for, honing in on religion. As a lethal underground assassin, Toby O'Dare's vocation is a far cry from the calling he once heard to join the priesthood. When he's visited by angel Malchiah, Toby's chance to absolve his sins is realized. Malchiah takes Toby back to 13th century England to embody a friar. Attempting to reacquaint himself with his spiritual core, Toby watches over a Jewish couple, whom gentiles believe killed their daughter over her decision to convert to Christianity.



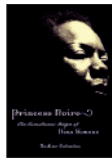
The To-Do List

Author: Mike Gayle
Publisher: Hodder
Price: \$16.99 (Hardcover)

IT'S DIFFICULT enough to stroke off a few items on your to-do list, let alone complete the whole thing. But British author Mike

BookPicks

Gayle took the task in-dex to another level, aiming to fulfill a massive 1,277-item to-do list in one year. Increasingly conscious of his immaturity, when the married man in his mid-30s anticipated his second child, he decided to do some growing up and use the to-do list to do it. His comical memoir tracks Gayle's struggle through day 365, from "Eat more salad," to buying his wife "underwear from Agent Provocateur."



Princess Noire

Author: Nadine Cohodas
Publisher: Pantheon
Price: \$37 (Hardcover)

NADINE COHODAS continues her exploration of 1950s blues and R&B culture, following books on Chess Records and Dinah Washington, with Princess Noire: The Tumultuous Reign of Nina Simone. Cohodas compiles a detailed biography of the Queen of the Blues, tracing her early life and musical rejection, through her eventual breakthrough and the internal trials she struggled with along the way. More than just a passionate vibrato, Simone's voice was also active in the civil rights movement, which Cohodas examines in contrast to her upbringing. Princess Noire commemorates both the public and private spheres of the musical legend's life.

Brian Coulton/for Metro Canada

Box office

Estimated ticket sales for Friday, Feb. 5 through Sunday, Feb. 7 at U.S. and Canadian theatres:

- 1 Dear John:** \$32.4 million US
 - 2 Avatar:** \$23.6 million
 - 3 From Paris With Love:** \$8.1 million
 - 4 Edge of Darkness:** \$7 million
 - 5 The Tooth Fairy:** \$6.5 million
 - 6 When in Rome:** \$5.5 million
 - 7 The Book of Eli:** \$4.8 million
 - 8 Crazy Heart:** \$3.7 million
 - 9 Legion:** \$3.4 million
 - 10 Sherlock Holmes:** \$2.6 million
- THE ASSOCIATED PRESS

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VA	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	1	CBC Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	Vancouver Welcomes	CBC News: The National (N)	(.05) The Hour		
254	-	1	OMNI Two/Half Men	Two/Half Men	Omni News: Mandarin Edition	Access H.	News: Cantonese Edition	Omni News: Punjabi Edition	The Simpsons		
250	321	1	CTV 2talk (CC)	CTV The Insider	Human Target "Run" (N) (PA)	Access H.	Two/Half Men Big Bang	CSI: Miami (N) (CC)	CTV News		
-	-	1	JOY Frasier (CC)	The Insider	Daily Weekend Edition (CC)	Poltergeist: The Legacy	24 (N) (PA) (CC)	P3 Diya	News		
252	336	1	ETV Entertainment	ET Canada	House "5 to 9" (N) (PA) (CC)	The Listener (CC) (DVS)	Heroes "Brave New World"	Castle "Suicide Squeeze" (N)	A News (N)		
256	389	1	VI Degressi	TMZ (N) (CC)	Tough Love (CC)	The Bachelor: On the Wings of Love (N) (CC)	The Jay Leno Show (N) (CC)	EP Daily	Frasier (CC)		
253	359	1	CITY Chuck (N) (CC)	The Office	One Tree Hill (N) (CC)	Life Unexpected (N) (CC)	Seinfeld	Seinfeld	KIRO 7 News		
-	-	1	CBS The Office	The Office	How I Met... On Purpose	Heroes "Brave New World"	Seinfeld	Seinfeld	KING 5 News		
289	381	1	CBS Entertainment	The Insider	Chuck (N) (CC)	How Clean Is "How Clean"	Love It or List It	Castle "Suicide Squeeze" (N)	KOMO 4 News		
287	379	1	NBC Evening Mag.	Inside Edition	How Clean Is "How Clean"	The Bachelor: On the Wings of Love (N) (CC)	Seinfeld	Seinfeld	Cheers (CC)		
602	668	1	W Superann "Smith Family"	The Insider	How Clean Is "How Clean"	Mrs. Winterbourne ** (1996) Shirley MacLaine, Ricki Lake.	Seinfeld	Seinfeld	Family Guy		
288	380	1	ABC Wheel Fortune	Jeopardy! (N)	The Bachelor: On the Wings of Love (N) (CC)	Antiques Roadshow (N) (CC)	American Experience	Blueprint America: Beyond the Motor City (N)	Family Guy		
-	-	1	KVOS M*A*S*H	Seinfeld	Mrs. Winterbourne ** (1996) Shirley MacLaine, Ricki Lake.	Antiques Roadshow (N) (CC)	American Experience	Blueprint America: Beyond the Motor City (N)	Family Guy		
291	383	1	PBS Conner-KC	Antique Show	House "5 to 9" (N) (PA) (CC)	24 (N) (PA) (CC)	Charlie Rose (N) (CC)	Antiques Roadshow (CC)	Cold Files		
290	382	1	FOX Two/Half Men	Two/Half Men	One Tree Hill (N) (CC)	Life Unexpected (N) (CC)	South Park	Half & Half	Street Court	Friends (CC)	
-	364	1	PBS Blueprint America: Beyond the Motor City (N)	Motor City (N)	The Office	Name Is Earl	Life Unexpected (N) (CC)	South Park	Street Court	Friends (CC)	
296	654	1	SBK Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	Life Unexpected (N) (CC)	South Park	Street Court	Friends (CC)	
298	653	1	TLA Two/Half Men	Two/Half Men	One Tree Hill (N) (CC)	Life Unexpected (N) (CC)	South Park	Half & Half	Street Court	Friends (CC)	
295	651	1	WGN WGN News at Nine (N) (CC)	Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	Scrub (CC)	
297	652	1	WPX PIX News at Ten (N) (CC)	Two/Half Men	Friends (CC)	According-Jim	Friends (CC)	Family Guy	South Park	Scrub (CC)	
199	311	1	STR CTV News	NTV Late Night News	Late Show W/Letterman	Late Late Show	Ferguson	Inside Edition	Seinfeld		
502	390	1	NW Miracle Bodies (N) (CC)	CBC News: The National (N)	CBC News: The National (N)	Larry King Live	Miracle Bodies (CC)	National	Cooper 360		
500	500	1	CNN Anderson Cooper 360 (CC)	Hockey	Olympics: On Home Ice (CC)	MMA Conn	Anderson Cooper 360 (CC)	Sportsnet	Cooper 360		
407	419	1	RSP Saturday Night Poker	SportsCentre	Off the Record	Planet Speed	SnowTrax	The Great Tournament	SportsCentre		
400	400	1	TSN SportsCentre	[That's Hockey]	Destination Truth (CC)	Operate-Repo	Operate-Repo	Ghost Hunters (CC)	Ghost Hunters		
411	457	1	OLN Ghost Hunters International	RAW (CC)	Score Now	WWE Monday Night RAW With	Michael Cole and Jerry Lawler.	Cabby Unlimit	Cabby Unlimit		
410	403	1	SCR (6:15) WWE Monday Night RAW	RAW (CC)	Score Now	WWE Monday Night RAW With	Michael Cole and Jerry Lawler.	Cabby Unlimit	Cabby Unlimit		
417	406	1	SC Barrett-Jackson	Off the Pitch	Go! TV News	Off the Pitch	Game Cap	Barrett-Jackson	Go! TV News		
416	409	1	GLF (6:00) Fútbol Brasileiro	Off the Pitch	Go! TV News	Off the Pitch	Game Cap	Barrett-Jackson	Go! TV News		
552	543	1	YTV Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
555	545	1	TEL Scooby-Doo	Total Drama	Malcolm-Mid.	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
557	541	1	FAM Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
553	546	1	TRE Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(.35) Franklin	Comfy Couch
268	354	1	KNO Recreat. Eden	Landscape	Art of the Heist (CC)	Simon Schama's Power of Art	Black Coffee (CC)	Sombrio			
575	583	1	CMT Great Balls of Fire! *** (1989)	Biography) Dennis Quaid, Winona Ryder.	Great Balls of Fire! *** (1989)	Biography) Dennis Quaid.					
570	580	1	MM Love Court	My Date	MuchOnDemand (CC)	So You Think You Can Dance (CC)					
600	564	1	H&G House	House	Holmes on Homes (CC)	Marriage	Income Prop.	For Rent	My First Place		
615	620	1	A&E Hoarders "June, Doug" (N)	Paranormal	Paranormal	(.01) Intervention "Greg"	(.01) Intervention "Marquel"	(.01) Hoarders			
628	584	1	SPKE CSI	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	Real Vice	CSI: Crime Scene Investgtn.	Mysteries			
521	560	1	THO Ultimate Cake Off "Top Dogs"	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Ultimate Cake Off "Top Dogs"	Ultimate Cake		
616	622	1	SHO Relic Hunter (CC)	Wide Awake (2007) Missy Peregrym, Scott Wickware, (CC)	Without a Trace (CC)	Real Housewives of Atlanta	Real Housewives OC	Runway			
620	623	1	BVO The Jackie Washington Story	Law & Order "Hot Pursuit"	Without a Trace (CC)	Real Housewives of Atlanta	Real Housewives OC	Runway			
601	562	1	SLC Love Inc.	Love Inc.	ET Canada	What	Real Housewives of Atlanta	Real Housewives OC	Runway		
520	505	1	DIS Dirty Jobs "Sheep Castrator"	Daily Planet (CC)	MyBusters (CC)	MyBusters (CC)	Shockwave (CC)	Shockwave (CC)	Shockwave (CC)		
622	506	1	HIS Diamond Road (CC)	Greatest Tank Battles (CC)	Stormworld	"Stargate SG-1"	Enemies	Star Trek: Next	Star Trek: Voyager		
527	528	1	SPC (6:00) Alien Siege ** (2005)	Stormworld	"Stargate SG-1"	Enemies	Star Trek: Next	Star Trek: Voyager	Star Trek: Voyager		
294	650	1	TBS Family Guy	Family Guy	Lopez Tonight (N)	Name Is Earl	Name Is Earl	Sex and-City	Sex and-City		
619	525	1	TROP Re-Vamped (CC)	Parking Wars	Parking Wars	Flipping Out "Friend or Foe"	Launch My Line (CC)	Top Chef Masters (CC)	Pitchin' In		
603	561	1	FN Pitchin' In	Glutton	Never Been Kissed ** (1999)	Drew Barrymore, David Arquette. (CC)	Jack * (1996, Fantasy) (CC)				
-	-	1	AMC (5:00) The Bodyguard **	Corner Gas	Name Is Earl	The Simpsons	South Park	John Oliver's Stand-Up Show	Daily Show		
626	547	1	COM Air Force	22 Minutes	Spartacus: Blood and Sand	Diary-Call Girl	Tracey Ullman	La La Land	Friday the 13th * (2009) (CC)		
581	566	1	MTV Buried	Life of Ryan	MTV Live	Sex News	The Real World (CC)	Buried	Life of Ryan	MTV Live	
261	394	1	V Unscripted (N)	Archaeologist	Police: The Legacy	Mandela *** (1987, Docudrama)	Danny Glover, Alfre Woodard. (CC)				
-	-	1	MUL My Queen	Immortal	State Secret	Simply the	Pinoy Buzz	Orient	News	Patrol World	



Liam Gallagher's new band won't be called Oasis because it's a "s— name," femalefirst.co.uk reports. The rocker has been busy working on a new album with his fellow former Oasis bandmates — except brother Noel. **METRO NEWS SERVICES**

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk

COURTNEY LOVE. Courtney Love frequently lays out her life on Facebook and Twitter, posting incoherent ramblings that read like a psychedelic online journal. While most of her scandal-ridden life has been embarrassingly and dramatically public — she recently lost custody of her daughter Frances Bean — here are three things you might not know about Love:



ONE She auditioned for the Mickey Mouse Club when she was 12 years old. Not surprisingly, she was not called back after reading a poem by Sylvia Plath.

TWO Love dated Edward Norton for four years, her longest relationship, after dumping Gavin Rossdale. She claims Rossdale sent her a diamond ring that she ended up throwing into the Mississippi River, an act that she suggests eventually freed him for Gwen Stefani.

THREE She desperately wanted to play Satine in Moulin Rouge, a role that was written for Nicole Kidman. Love bitterly berated Kidman in an elevator following the release of the film, arguing that she could have performed it much better.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.



A big birthday Butler

MAKES FOR A VERY HAPPY BIRTHDAY GIRL Jennifer Aniston headed to one of her favourite getaway spots, Los Cabos, Mexico, on the weekend where the actress got a jump start celebrating her 41st birthday — Aniston's big day is actually this Thursday — with a group of friends, people.com reports.

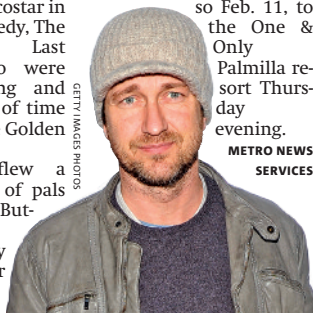


But this year, she had a surprise birthday guest, Gerard Butler, her costar in the upcoming comedy, The Bounty Hunter. Last month, the two were spotted laughing and spending a lot of time together at the Golden Globes.

Aniston flew a large group of pals including Butler, Courtney Cox, her husband

David Arquette and Sheryl Crow, whose birthday is also Feb. 11, to the One & Only Palmilla resort Thursday evening.

METRO NEWS SERVICES



Flippant about flipping

I CALL HEADS. NO, TAILS. NO, HEADS! When it comes to divorce settlements, Kate Walsh is a real innovator, usmagazine.com reports.

Following a reportedly tough round of negotiations, a



judge ruled Friday that Walsh and her ex-husband Alex Young will divide some of their shared assets with — literally — a coin toss.

As reported at E! News, court papers say that some of the former couple's belongings will "be divided by alternating picks after the flip of a

coin to determine who will pick first."

In the rest of the divorce settlement announced Friday, Young will receive \$627,000 US from the Private Practice star, and half of her pay between the start of her Sept. 2007 marriage through their November 2008 separation.

METRO NEWS SERVICES

Creepily crushing on Keira

BUT HE JUST WANTS TO LOOK AT YOU ... AND LOOK ... AND LOOK. IS THAT TOO MUCH TO ASK? Keira Knightley felt "threatened" by a man arrested on suspicion of stalking her, femalefirst.co.uk reports.

The British actress called police last Thursday after

she was constantly bothered by 41-year-old Mariék Daniluk, who would regularly turn up at the theatre to see her.

A source told The Sun newspaper: "He did not make any specific



threats to her but she was concerned enough to call the police."

Police have confirmed the man was arrested outside the theatre over harassment allegations.

METRO NEWS SERVICES

Kristen's big day in court

MAKING TROUBLE An otherwise normal run of jury duty for Kristen Stewart may end up causing one security guard his job. The Twilight star served on a three-day trial in Los Angeles last week and on her last day agreed to pose for a photo with a security guard, according to E! Online. The man reportedly allowed a friend's wife to post the photo on Facebook, and now they both may be in hot water.

"Right now my husband and the security guard are in trouble for (the picture) having gone up," the man's wife reportedly posted online after removing the photo. "It is confidential when celebrities are in court."

METRO WORLD NEWS

Face to face

AS IN, SHE WANTS HER Jessica Alba is usually flattered by compliments on her looks, but this may be taking things to far. A Chinese woman is reportedly planning a plastic surgery makeover to look more like the Valentine's Day actress in hopes of winning back her lover, according to the Associated Press. Alba admits she finds it distressing. "I think you should never have to change yourself like that," the actress says. "If somebody loves you, they'll love you no matter what."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

NICOLE "SNOOKI" POLIZZI prefers interacting with people online, **JERMAIN DUPRI** sees the upside of a hangover, **SHERRI SHEPHERD** hopes God is willing to negotiate, and **JOHN MAYER** parties like a different kind of rock star. @Snooki Sittin in the airport is annoying. Some guy just came up n poked me — this isn't facebook bro @LTLLine I feel sorry for people that don't drink cause when they wake up thas the best they gonna feel all day @Sherrishepherd Lord thank you for blessing me 2 wake up today but do I still have 2 go 2 the gym? I'm sick... not enough of an excuse? @johncmayer My life on the road is a lot like '70s Fleetwood Mac, except instead of cocaine it's Cinnamon Toast Crunch.

METRO WORLD NEWS

Tiger comes out swinging

FOR HIS FAMILY. SEE? THE REHAB WORKED Tiger Woods has left the rehab facility in Mississippi where he's allegedly been staying to treat his sex addiction, according to Radar Online. He headed home to Florida with wife Elin Nordegren to be briefly reunited with his two children, who he hasn't seen in six weeks. The couple reportedly now want to spend time alone working on salvaging their relationship.

METRO WORLD NEWS

How Can Sport Contribute to Positive Social Change?

Join a dynamic mix of influential speakers - February 12, 2010



Photo: Keystone

Stephen Lewis, Chair of the Board of the Stephen Lewis Foundation and Former UN Special Envoy for HIV/AIDS



Photo: Nick Wiebe

Wilfried Lemke, Special Adviser to the UN Secretary-General on Sport for Development and Peace



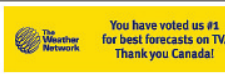
Benjamin Nzobonankira, Former Child Refugee and Right To Play Trainer



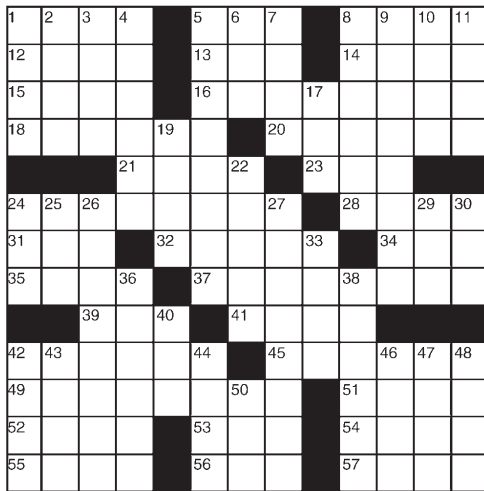
Special Guest appearances will be made by high-profile Olympians including **Silken Laumann**, **Adam Kreek**, **Anna Rice**, **Ben Rutledge**, and **Nikki Stone**

Chan Centre for the Performing Arts, UBC, 11:00 – 2:00 PM

For more information, please visit www.ticketmaster.ca or call (604) 280-3311. Tickets will be available at the door.

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Legs (Sl.)
5 Gratuity
8 Competent
12 Six-sided state
13 Singer Sumac
14 Close up tight
15 Optimistic
16 "War of the Worlds" invaders
18 Maintenance
20 Main course
21 Health resorts
23 "My country, — of thee"
24 Drinks garnished with olives
28 Distort
31 "Rocks"
32 Points
34 Eisenhower nickname
35 Skillful
37 Strict disciplinarian
39 Historic time
41 Tale-teller
42 Arose
45 Cancer or Capricorn
49 Home-run

champ Tino
51 Houston acronym
52 Colorful fish
53 "Hail, Caesar!"
54 "— have to do"
55 Guys' partners
56 Series of skirmishes
57 Restaurant VIP

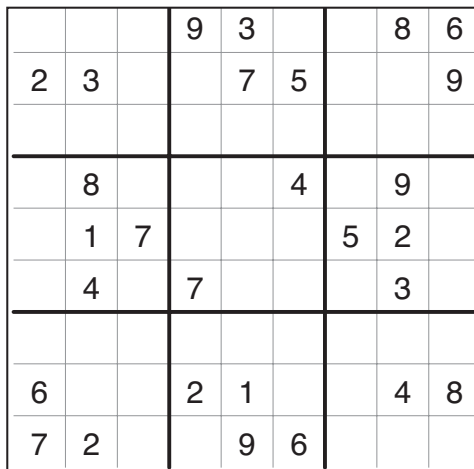
DOWN

1 Mentor
2 On
3 Lone Ranger trademark
4 Least gregarious
5 Eardrum
6 "— little teapot, ..."
7 Rid of rind
8 Without changes
9 Rug in old-style baby photos
10 Memory —
11 Differently
17 Potent stick
19 Grand story
22 Rope fiber

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Green Gazpacho with Hot-smoked Salmon

INGREDIENTS:

1 large green pepper, chopped
1 cucumber, trimmed and chopped
1 onion, chopped
1 ripe avocado, halved, pitted and peeled
1 garlic clove, chopped
6 tbsp (90 mL) fresh flat-leaf parsley
2 1/2 cups (625 mL) vegetable stock
3 tbsp (45 mL) balsamic vinegar
3 tbsp (45 mL) extra virgin olive oil
8 oz (250 g) hot-smoked salmon, strips.

METHOD:

1. Put pepper, cucumber, onion, avocado, garlic, parsley, stock, vinegar and oil in food processor or blender. Season, then process until smooth.
2. Keep covered in refrigerator until needed, then ladle into serving bowls and add strips of salmon to each bowl.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

Be true to yourself, even if it means falling out with someone you would prefer to stay on good terms with.



TAURUS

APRIL 21-MAY 21

Today's marvelous idea could be tomorrow's costly mistake, so don't commit yourself to anything for the time being.



LIBRA

SEPT 23-OCT 23

If you go to extremes you will encourage others to be extreme as well — and the situation will get out of hand quicker than you thought possible.



SCORPIO

OCT 24-NOV 22

A week or so from now you will know for certain if something you have been working on stands a realistic chance of success.



GEMINI

MAY 22-JUNE 21

You will undoubtedly feel sorry for someone you meet today but what they really need is something to get them motivated again.



SAGITTARIUS

NOV 23-DEC 21

Today's cosmic set-up warns you must not push yourself too hard physically, nor allow your emotions to dictate your actions.



CANCER

JUNE 22-JULY 22

You are taking a certain person far too seriously. It doesn't matter what they say is the right way to go about things, you must stay true to your instincts.



CAPRICORN

DEC 22-JAN 20

Capricorn is a cardinal sign, meaning you are a leader rather than a follower, so start a new trend and you'll be the talk of the town.



LEO

JULY 23-AUG 23

You don't like to compromise but just this once it might be wise to meet a rival halfway, especially if they may be able to help further your ambitions.



AQUARIUS

JAN 21-FEB 18

It's good to be honest but you must not be cruel. There is nothing to be gained from damaging a loved one's ego.



VIRGO

AUG 24-SEPT 22

This looks like being a wonderful week but it could be more wonderful still if you deal with a work-related issue immediately.



PISCES

FEB 19-MARCH 20

Chances are you will clash with someone in a position of power either today or tomorrow. If they are truly professional they will thank you for it.

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Twittelator Pro

\$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3

\$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada

\$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris

Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.

\$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts

Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki

Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious

Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.



Barista

\$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide

Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover

Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi

\$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe

Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot

\$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

